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AUTHOR	Yeager Mark
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ABSTRACT

Parents of preschoolers have no time for trial and error; the they are too busy with day-to-day survival. Practical survival tips for parents of preschoolers are interspersed with humorous anecdotes in this book, organized according to a typical day in the lives of preschool children. Tips are organized according to three interaction levels: (1) "parents initiate goal-directed activities, and children agree to participate"; (2) "parents behaving like grown-ups and kids behaving like children"; and (3) "anything that makes a parent feel guilty." Chapter 1, "Morning Anyone?" defines interaction levels and makes suggestions for dealing with preschoolers' early rising. Chapter 2, "Breakfast is Only the Beginning," deals with preparing and cleaning up breakfast. Chapter 3, "Dressed Out," focuses on persuading children to get dressed. Chapter 4, "Bathroom Adventures," addresses basic toileting skills. Chapter 5, "Now What?" suggests play activities for each room in the house. Chapter 6, "Lunchstop," makes suggestions for the elemental, mobile, and fast-food lunch. Chapter 7, "Nap Action," includes persuading preschoolers to take a nap. Chapter 8, "Life on the Outside," suggests activities for summer and winter fun. Chapter 9, "Mobile Homes," deals with tips for surviving car travel, including car seats and long trips. Chapter 10, "Dinner Break," includes suggestions for encouraging picky eaters. Chapter 11, "Bath Play," concerns persuading preschoolers to bathe, bath time rules, and teethbrushing. Chapter 12, "Bedtime Business," includes preparing children for going to sleep and dealing with monsters. Chapter 13, "Wellness Misadventures," concerns dealing with children's colds, minor illnesses, and injuries. Chapter 14, "Surviving," concerns changes in parents' personal lifestyle and relationship with their partner, brought about by parenting a preschooler. (KB)

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